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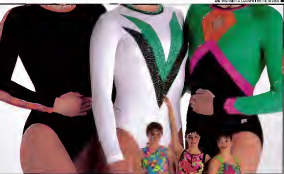
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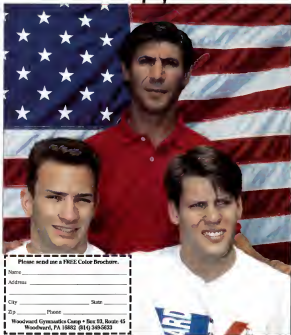


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From Barcelona to Woodward: (center) Yefim Furman-Coach of the top two qualifiers to the 1992 US Olympic Team. (left) Scott Keskelski- #1 qualifier to the 1992 US Olympic Team. (right) Chris Waller- #2 qualifier to the 1992 US Olympic Team.

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(John) Gregg Carter



WINTER CUP

The Winter Cup Challenge served as a qualifier for the USCF National Teams and to several important competitions in this year's competitive season. Gregg Curtis from the Olympic Training Center was the overall competitor/optimal champion.

COVER PHOTO • USA GYMNASTICS © MARK BLACH

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FACES IN THE GYM**Sub Dominique Dawes**

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DAWESOME!

Dominique Dawes is a two-time national event champion and a member of the bronze medal U.S. Olympic Team. Dawes talks about her Olympic experience and future goals.

Below: Awarded Member



ORIGINALITY INVITATIONAL

Arizona Surveys' Don Kirsom won the "Best of Show" with his unique result at the second annual Originality Invitational held at the Sports Complex at the U.S. Olympic Training Center.

**THE WORLD
SPORTING
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UNITES**

By Milton J. Miller,
Chief, Operations
Division

At the International Gymnastics Federation Congress, held during the Barcelona Games, more than 75 new countries were added as members of the FIG. Many of the new additions were countries that were created by the break-up of the Soviet Union. It was interesting to see how the mix of athletes was distributed among the numerous Soviet



that meant that only two athletes per country could participate in the event finals on any one event. Three athletes could participate from one country in the all-around competitions. It is now possible that many of the former Soviet gymnasts may now qualify for individual event championships for all-around titles. We will see how this all

works out during the World Championships that will take place in Birmingham, England this coming April. It will be the first time that athletes from these republics compete for individual events and all-around titles only—and, there are no co-ed classes.

Another thing that we are finding most interesting is that the strong governmental support that was always a dominant part of the Soviet Union's sports program has all but disintegrated. Now, the individual countries must fund their own programs. It was interesting to note that the Russian Olympic Committee recently signed Reebok as one of its sponsors. While we were in Moscow, we saw a lot of

Abstract

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Dear Mary Lou:

Ten twelve years old and in Level 8. I am having trouble with my giant on high bar. Sometimes I make them, but mostly I don't. I don't see the difference between the times I do make them and the times I don't. Could you give me advice?

Nikki Taylor
Madison, CT

Dear Nikki,
Seems you're the one performing the giant, there is no possible way for you to see yourself, unless you video it. So listen to your coaches' corrections. Here are a few tips: Always start your giant from a handstand. Keep your body straight until you pass the low bar. Then do a very strong scap action under the bar. Stay with



that scap until you are almost at the top of your giant swing. (Just when you are about to rotate your hands). Then get back into your tight, straight body position.

Dear Mary Lou:
I started competitive gymnastics (Level 5) in the fall of 1991. This year I moved up to Level 6. Also, just recently, I got my back handspring on

Send your questions to USA Gymnastics, Ask Mary Lou, P.O. Box 1300, 200 S. Capitol Avenue, Suite 300, Indianapolis, Indiana 46229

beats, layout fulls on floor, and cast to handstands on bars. I'm 15 years old and in the 10th grade. Do you think I would possibly have a chance at collegiate competition? Will I be good enough?

Kasey Miller
Virginia Beach, VA

Dear Kasey:
Absolutely! From what you've said, it seems like you're a fast learner. In less than two years you've made tremendous progress. Now you have three years left to continue to better yourself. Keep up the excellent work!

Dear Mary Lou:

We are in Level 7 compulsory. Sometimes we don't have enough energy to get through the last pass on floor. How can we improve on this?

Cassie Harzen
Elaine Penney
Scottsdale, AZ

Dear Cassie and Elaine:
It sounds like your endurance is low. There is no easy solution to your problem. The answer is to keep doing full floor routines until your body is used to it. Performing dance through routines will not help, because when you add the tumbling passes, you are using a lot more energy. You could also add a jogging routine to your work sets. That always seemed to help me get my endurance up and my lungs in shape for floor routines.

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WOMEN'S
PREVIEW

by Dan Benson, University of Minnesota Sports Information

Last year's NCAA women's gymnastics season was capped by the highest-scoring championships in the 11-year history of the event. A record seven teams, led by the University of Utah, topped 190 at the championships. The Utah's Missy Marlowe scored a meet-record 39.65 in winning the all-around title. Overall, individual and team championships records were set or tied in eight of a possible 10 categories.

While the entire 1992 season could be considered the most exciting ever in college women's gymnastics—10 fe-

were scored 25 times—the 1993 season should be just as thrilling. The NCAA women's championships will take place in Corvallis, Ore., at Oregon State University's Gill Coliseum from April 15-17.

While the NCAA season concludes in April, for some of the competitors it will continue. The top 10 all-around finishers at the NCAA championships will be among those eligible to compete in the World University Games Team Finals on May 1, 1993 in Salt Lake City, Utah. The gymnasts that do participate in the trials will be vying for a chance to make the six-

member World University Games Team and eventually compete in the World University Games, which will be held from July 8-19 in Buffalo, NY.

Following is a region-by-region look at the NCAA contenders, based primarily on the National Association of Collegiate Gymnastics Coaches (NACCG/W) preseason coaches' top 20 rankings.

MIDWEST
REGION

The coaches tabbed more teams from the Midwest region (seven) for the national top 20 than any other region. Defending national champion Utah was picked by the coaches as the preseason national favorite.

Despite losing Missy Marlowe and Stacy Schueren, head coach Greg Marsden's Utah again have one of the deepest teams in the nation. Six All-Americans, led by 12-time All-American Kristin Kenoyer. Also back are All-Americans Tracy Richards, Jerry Donaldson, Meredith King, Annee Trapanier and Kelli Wolery. Among the newcomers are three gymnasts with U.S. national team experience—Sandy Woolsey, Jennifer Mennier and Alysa Formis.

Arizona (9), which finished fifth at last season's championships, returns All-Americans Stacy Fowles and Jenni Kenedel, while in-state rival Arizona State (6), returns All-American Tina Benkman and has added former U.S. team member Jennifer McKenna.

Brighton Young (48) lost eight gymnasts off a team that finished 12th in the nation last season, but has added a fine freshmen class that includes Juliet Bangerter and Elizabeth Crawford. Utah State (54), which qualified to the

national championships in 1991, has added 1992 Australian Olympian Jane Worrilow to a squad that returns seven letter winners. Nebraska (35) will be led by Nicole Dubal and Martha Jenkins, both of whom qualified to the NCAA championships as individuals last season. Another top team in the region includes Oklahoma (25).

SOUTHEAST
REGION

Last year's NCAA runner-up, Georgia, hosted the coaches' No. 1 preseason ranking. It should be another banner year for head coach Suzanne Yoculan's Lady Bulldogs, as five All-Americans return. Leading the rest is 11-time All-American Hope Spivey-Sheeky, who has scored 16.00 eight times in her college career and was perfect six times in 1992. Joining Spivey-Sheeky are All-Americans Andrea Dewey, Naeke Logan, Agnes Sampson and Heather Supp. Georgia's top newcomer is two-time Canadian Olympic team member Lori Storm.

Florida (11) is looking to return to the NCAA championships for the 12th time but will attempt to do so for the first time without head coach Ernestine Weaver, who retired after coaching the Gators to an 11th-place finish at last season's championships. The



1990 World Championships team member Kim Kelly, is a freshman from the University of Alabama.

program should continue its tradition of excellence under new coach Judy Ammer, who was named the 1992 national coach of year after leading Penn State to a fourth-place finish at the NCAA championships. The leading Cater returners are Lynette Wittmeyer and Lisa Pantano.

Towson State (#18), which finished 16th in last season's final national ranking, should again be among the Southeast Region's top teams. Gabby Lenzeloni leads a group of eight returning Tiger lettermen.

CENTRAL REGION

The Central Region may not be the nation's strongest region, but it is the nation's deepest. Seven teams that did not qualify for last year's regional championship meet would have qualified in other regions.

Peterson national power Alabama (#2) is the coaches' favorite to win the Central Region. Head coach Sarah Peterson's team returns four All-Americans, including defending national balance beam champion Dene Dobransky and senior Dee Foster, whose 13 All-American honors are more than any one in NCAA history. Kim Sirlip and Sheryl Daniels also earned All-American honors for the Crimson Tide last season. Three former U.S. national team members—Kim Kelly, Jenny McKernan and Maria Neubauer—arrived in Tuscaloosa, Ala. last fall to bolster the "Bama lineup even further.

The region's newest power is Michigan (#11), which



1989 and 1991 World Championships team member Sandy Woolsey, is a freshman from the University of Utah.

narrowly missed a team berth to the NCAA championships last season. This may be the year for the Wolverines to make it as they return All-Americans Beth Wynne and national all-around qualifier Kelly Carlock. Other Central Region teams among the coaches' preseason top 20 were Auburn (#16) and LSU (#19). Auburn will be led by all-arounder Danielle Pratt, while LSU will look to 1992 Canadian Olympian Jennifer Wood to strengthen a roster that features seven returning lettermen.

WEST REGION

The West Region features five teams from the Pacific-10 Conference that were ranked among the preseason coaches' top 20. Oregon State (#4), which finished sixth at last year's NCAA championships, hopes to improve on that in front of its home crowd this season. Four returning All-Americans return for head coach Jan Turpin's Beavers. Headlining that group is Cheri Knight, who in one coach last season scored over 30.00 all-around in seven consecutive meets. She is one of two college gymnasts (Sprievy-Slocley is the other) to score 30.00 twice in the same meet. Other returning Beaver All-Americans are

Andy Daftman, Tami Coover and Wendy Smith.

UCLA (#9) lost just one member off last year's team, which finished ninth at the NCAA championships. Six seniors, including 1990 All-American Carol Ulrich and 1992 second team All-American Amy Thome, lead a veteran squad that has added five newcomers. Among them is former U.S. national team member Anne Dixon.

Two surprise qualifiers to last year's NCAA championships, Stanford and California, were ranked 12th and 13th, respectively, in the preseason

coaches' top 20. The Cardinal will be led by sophomore all-arounder Jerie Elton, while Cal will look to a pair of seniors, Cindy Tsien and Mira Gayer, to lead the Golden Bears back to the national championships.

Stylo Milner of Washington (#17) and Celeste Delta of Cal State Fullerton, two of 12 individual all-arounders to qualify for last season's NCAA championships, will also be seeking return trips this season.

NORTHEAST REGION

Inheriting a Penn State (#7) squad that finished fourth in the nation last year is new head coach Steve Shepard, who served as assistant for the Lady Lions the previous three seasons. Penn State's top all-arounder is senior All-American Allison Barber. She will be joined by junior April Polito, who earned 1990 All-American honors in the vault,

NACGC/W PRESEASON TOP 20

- | | |
|------------------|-----------------|
| 1. Utah | 11. Cal State |
| 2. Georgia | 12. Nebraska |
| 3. Alabama | 13. Washington |
| 4. Oregon State | 14. LSU |
| 5. Arizona State | 15. Michigan |
| 6. Arizona | 16. Boise State |
| 7. Florida | 17. Utah State |
| 8. Penn State | 18. Kentucky |
| 9. Auburn | 19. Stanford |
| 10. UCLA | 20. Ohio State |

Based on scores received by 2/5/93

MEN'S
PREVIEW

By Peter Theoharis, Nebraska Sports Information

The University of New Mexico campus in Albuquerque will be the site of the 1993 NCAA Men's Gymnastics Championships, April 15-17.

Stanford is looking for a repeat performance from 1992 when it captured the NCAA title in Lincoln, Neb., with the host Nebraska squad finishing second.

The top contender for the Stanford Cardinal is Jay Lynch, a member of the 1992 United States Olympic Team. At the 1992 NCAA Championships in Lincoln, Lynch was the individual champion on the high bar with a score of 9.90. Lynch also placed fourth on pommel horse, fifth in the floor exercise and sixth on parallel bars.

The Cornhuskers are looking for their eighth national title, and Nebraska Coach Francis Allen believes 1993's edition at Nebraska is the most talented club he has had in his 24 years in Lincoln.

Nebraska rebores five All-Americans from the 1991-1992 season. Dennis Harrison earned honors last season in the all-around and horizontal bar. The Rosemeads were national champion on the pommel horse and an All-American on the horizontal bar. Summer Darling and Josh Saegert earned honors on the parallel bars and Rick Kuffner was an All-American on the horizontal bar.

"This is the best group I have had here. It has to be," Allen said. "With everybody returning, plus the addition of a top freshman in Jason Christie, I believe we are the team to beat."

Allen's lofty prediction could be well challenged from within the Big Eight. The west regional host, Oklahoma Sooners, won the national championship in 1991 and return a key piece from that squad for 1993.

Jason Re Sweeney returns after sitting out the 1991-92 season due to an injury. At the NCAA's in 1991, Sweeney turned in a score of 9.75 on the still rings, and finished second in the all-around at the Big Eight Championships.

Also bolstering the Sooners is senior Marcus Jordan. The Tulsa, Okla., native finished 11th in the all-around at the 1991 NCAA Championships and 17th in 1992.

A couple of Big Ten schools will be near the top of the east regional to be held in Champaign, Ill. Ohio State is led by Tim Knapp, a 1992 All-American on the parallel and horizontal bars, as well as finishing third in the high bar at the 1992 NCAA's and winning the Big 10 Championships in the all-around. David Alexander is another key to the Buckeye's success. The Academic All-American placed third on the still rings at the Big Ten Championships last year. In 1991, Alexander won Big 10 champion on the rings, while at Wisconsin.

Kap Sumata, the 1991 Big 10 Freshman of the Year, gives added support to Ohio State. Sumata placed 11th in the all-around last year in Lincoln, and won the 1993 Wiscory City Invitational, where Ohio State won the team title.

Meanwhile, fellow Big Ten school, Minnesota, is shooting for its fourth straight Big 10 Championships title in 1993. The Golden Gophers finished fourth at the NCAA Championships last year behind the third-place Buckeyes.

John Roethlisberger, a member of the 1992 United States Olympic Team, headlines the Gophers attack. The senior from Adon, Minn., won his second consecutive NCAA all-around title in 1992. In 1992 he was a five-time All-American, earning

Nebraska's, Summer Darling, earned top honors on parallel bars during the 1993 NCAA season.





Stanford's Sean Lynch, was a member of the 1992 Olympic Team and hopes to add another championship title to his credentials.

horses in the all-around, floor exercise, still rings, vault and pommel horse. In addition, Boethuisberger is the 1992 U.S. National Champion. Fellow senior Rob Harrison received All-American status last season on the still rings, and sophomore Brian Yee could be a potent weapon for the Gophers after finishing third on the pommel horse at last season's NCAA Championships.

Chazney Urquhart will be back in action for the UCLA Bruins after recovering last year due to a stress fracture in his foot. Coach Art Shustock said, "Urquhart is rebounding very well from just missing the Olympic Team last July and will be a

- top contender this year.
- 1992 Argentina Olympic Hernandez Lindero, Bend
- Hayashi, Mike Demack and two freshmen, Steve McCain and Jim Foody, form a talented group of athletes for the Bruins.
- "If we can put it all together we'll have a chance to challenge for the top spots," said Shustock.
- Fred Tureff's team at Temple lost Bill Roth and 1992 Olympian Donaluck Marasovic to graduation, but gained freshman Danny Akerman, who has competed in two World Championships for Israel. Temple also has two returning seniors, Elton Gayman and Jim Vandewater.

NACGC/M PRESEASON TOP 20

- | | |
|-------------------|-------------------|
| 1. Nebraska | 11. New Mexico |
| 2. Ohio State | 12. Berkeley |
| 3. BYU | 13. Arizona State |
| 4. Minnesota | 14. Michigan |
| 5. Syracuse | 15. Stanford |
| 6. Michigan State | 16. UCLA |
| 7. Illinois | 17. Air Force |
| 8. Oklahoma | 18. Kent State |
| 9. Iowa | 19. Army |
| 10. Penn State | 20. Temple |

Based on announcements by 1/14/93



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Kim Zmeskal won three consecutive U.S. Championship titles, two McDonald's American Cup titles and was a major contributor to the U.S.'s bronze medal in the team competition at the 1992 Olympic Games.

Dear Kim,
What was it like to compete in the Olympic Games? Were you nervous about competing in the Olympics?

Jaime Kuhn
Ana Arbon, MI

DEAR JAIME,

Competing in the Olympics was a terrific experience! To be a part of the bronze medal-winning team makes me feel very honored! It was hard not to be somewhat nervous for this competition. I had dreamed of being an Olympian for as long and wanted to make the most out of being there.



Dear Kim,
Do you have to eat special foods everyday or just the day before the meet?

Lindsay Lundburt
Bowling Green, OH

DEAR LINDSAY,

Throughout the year it is important to keep your body in its best working condition so I always try to eat foods that are low in fat and calories. Also, foods high in carbohydrates help in keeping my energy level up.

Dear Kim,
I'm eleven years old and a Level 6 at Vacaville Gymnastics. I have a hard time breaking in grips. Do you have any recommendations?

DEAR KELLIE,

I found that it is easier to break in grips one at a time. In fact, at the Olympics I wore one "old" grip and one "new" grip. I also recommend just practicing with your grips before trying any skills.

If you would like to eat Kim Zmeskal's goodies, write to: 858 Gymnastics, Pan American Plaza, 207 S. Capitol Ave., Suite 200, Joliet, IL 61735.

Dear Kim,
In your opinion should we move in the direction of more complex routines or stick to the more narrow focused routines done crisply and with excitement? Why?

John Flansburg
Kauai City, MO

DEAR JOHN,

Routines with a high level of difficulty are necessary in order for gymnastics to progress. Such routines are very impressive, but it is important that these more complex skills be performed with precision. In my opinion, gymnastics should travel down the path towards greater difficulty while retaining its excitement.

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Fighting the Battle of the Bulging Baked Potato

Solving the Mystery of the Corpulent Chocolate Chip Cookie

Every athlete competing at the world championship and Olympic level knows he or she must eat carbohydrates in order to produce energy and replace glycogen stores. Athletes also realize that in order to lose extra pounds, they have to cut back on the calories. On the other hand, they need to increase caloric consumption if they want to gain weight.

During the past few years the public has become aware that eating too much fat not only contributes to obesity, but also constitutes a major risk factor in heart disease and certain cancers. The American Heart Association, for example, advises us to eat no more than 30 percent of our calories in fat.

Why, then, are so many Americans still overweight? Why do so many athletes deprive themselves of the fuel they need to perform at their optimum levels?

Sometimes appropriate foods are simply not available at the right time. Another reason is taste: fat sources like butter or sour cream add flavor to food. However, most often, the composition of food eludes us. What we perceive as high carbohydrate may actually be high in fat.

Take a look at some examples from the accompanying chart. A cup of boiled potatoes contains 51.2 grams of carbohydrates and only a trace of fat at 134 calories. A large baked potato provides 20 more grams of carbohydrate, but a packet of sour cream adds 6.1 grams of fat, bringing total calories to 270. A cup of french fries slims down to 180 calories but the fat content is 9.4 grams.

Here's some news for you cookie cravers! Although a homemade chocolate chip cookie contains only nine more calories than a Fig Newton, it delivers 4.6 grams of fat, while a Fig Newton has only one. That means you could eat nearly five Fig Newtons before you would eat as much fat contained in a single homemade chocolate chip cookie. Now, let's untangle the truth about pasta. If you eat a cup of spaghetti with marinara sauce on top, you'll be eating 366 calories, 50 grams of carbohydrate and only 3.6 grams of fat. But notice what happens when you pile on meatballs: the carbohydrates drop to 38.7 grams, while the calories increase to 322 and the fat content nearly triples to 11.4 grams. A cup of fettuccini alfredo racks up even higher numbers with 403 calories and 24.8 grams of fat.

Sorting out the composition of food can be confusing. The examples in the chart compare similar foods to clarify the misconceptions that all

pasta dishes are high-carb, all salads are low-calorie, all potatoes are low-fat, and all cookies are high-carb. Another common misconception is if you're trying to lose weight, juice is ok, but soft drinks aren't.

Spaghetti/Marinara Sauce (1 cup) Calories: 366 CHO (gm): 50.0 Fat (gm): 3.6 (12%)	Spaghetti w/meatballs (1 cup) Calories: 322 CHO (gm): 38.7 Fat (gm): 11.4 (35%)	Fettuccini Alfredo (1 cup) Calories: 403 CHO (gm): 30.8 Fat (gm): 24.8 (58%)
Potatoes, Boiled (1 cup) Calories: 134 CHO (gm): 51.2 Fat (gm): 0.2 (1%)	Baked Potato w/Sour Cream (1 each + packet cream) Calories: 270 CHO (gm): 51.6 Fat (gm): 6.1 (22%)	French Fries (1 cup) Calories: 180 CHO (gm): 22.5 Fat (gm): 9.4 (47%)
Fig Newton Cookie (1 each) Calories: 60 CHO (gm): 11.0 Fat (gm): 1.0 (15%)	Oreo Cookie (1 each) Calories: 50 CHO (gm): 7.2 Fat (gm): 2.2 (42%)	Chocolate Chip Cookie (1 each) Calories: 68 CHO (gm): 8.8 Fat (gm): 4.6 (50%)
Hamburger (3 oz. patty + bun) Calories: 370 CHO (gm): 22.4 Fat (gm): 19.6 (48%)	Double Hamburger (6 oz. patty + bun) Calories: 484 CHO (gm): 22.4 Fat (gm): 35.7 (52%)	Double Cheeseburger (6 oz. patty + bun) Calories: 710 CHO (gm): 22.9 Fat (gm): 44.6 (57%)
Orange (1 each) Calories: 62 CHO (gm): 15.4 Fat (gm): 0.2 (3%)	Orange Juice (8 oz.) Calories: 81 CHO (gm): 13.6 Fat (gm): 0.1 (1%)	Orange Soda (4 oz.) Calories: 57 CHO (gm): 14.6 Fat (gm): 0.0 (0%)
Grape (1/2 cup) Calories: 57 CHO (gm): 14.2 Fat (gm): 0.6 (8%)	Grape Juice (1/2 cup) Calories: 77 CHO (gm): 15.9 Fat (gm): 0.1 (1%)	Grape Soda (1/2 cup) Calories: 53 CHO (gm): 13.9 Fat (gm): 0.0 (0%)
Biscuit (1 each) Calories: 100 CHO (gm): 27.4 Fat (gm): 0.5 (4%)	Biscuit w/Butter (1 slice) Calories: 201 CHO (gm): 29.6 Fat (gm): 6.3 (37%)	Biscuit Cream Pie (1 slice) Calories: 314 CHO (gm): 45.6 Fat (gm): 12.7 (38%)
Bugles/Pean (1 each) Calories: 161 CHO (gm): 30.5 Fat (gm): 1.6 (8%)	Bugle w/Cream Cheese (1 each + packet cheese) Calories: 250 CHO (gm): 31.3 Fat (gm): 11.4 (36%)	Doughnut (1 each) Calories: 184 CHO (gm): 26.4 Fat (gm): 7.9 (38%)
Cheese Thin Pizza (1 slice) Calories: 129 CHO (gm): 16.5 Fat (gm): 8.5 (38%)	Pepperoni Thin Crust Pizza (1 slice) Calories: 207 CHO (gm): 19.0 Fat (gm): 10.0 (43%)	Supreme Pan Pizza (1 slice) Calories: 298 CHO (gm): 27 Fat (gm): 15.0 (48%)

If you have specific questions about food content, direct them to Judy Nelson, Nutrition Coordinator
Oar Olympic Plaza
Colorado Springs, CO 80909

THE NCAA MEN'S GYMNASTICS PROGRAM

WHERE IT IS AND HOW WE CAN HELP IT.

Report by Fred Tureff

Currently there are 40 programs in the NCAA system—35 division I, one division II and four division III. NCAA rules state that for a sport to have its championship automatically sponsored, 75% of the total active membership must sponsor the sport. The current "magic number" is 40, and we fall well below that number. However, another rule states that should a championship not lose money, it will continue to be sponsored regardless of the number of sponsoring institutions.

This was the case for men's gymnastics until the 1991 championships. Up until that year, we had received, as part of our main income, TV rights fees (\$85,000 each year for the last few years we received it). This ceased once the seven-year NCAA-CBS men's basketball contract for 1991-89 was signed and the \$1 billion

Over the past year I have heard many rumors regarding the health of the NCAA men's gymnastics program, so this article will describe the current state of the program (as of December, 1992) and offer some suggestions how the gymnastics community can help it to continue.

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income was assigned to many areas as a result of committee study and NCAA membership input—no sport now receives TV rights fees.

The meet expenses include per diem for each participant, a figure which is dictated by NCAA policy, and transportation for each participant (arranged through the NCAA-designated travel agency). Another outcome of the basketball contract was that all per diem payments for

sports such as ours were raised from \$40 per day to \$80 per day. So our per diem costs doubled.

With the loss of TV revenue and the increase in the per diem, our championships have lost money for the past two years. In an attempt to reduce costs, for 1992 on, the NCAA Men's Gymnastics Committee has reduced the number of participants and reduced the length of the championships. We requested

the ability to reduce per diem and travel costs, but were denied that ability.

There is currently a momentum against dropping any championship (1993-94-95) while all championships are being scrutinized and evaluated by the NCAA Championships Committee. However, any championship that loses money during these three years will have that held against it once the momentum ends. One piece of

legislation to be voted upon at the January, 1993 NCAA convention extends the moratorium to 1995. Other proposals to be considered at the NCAA convention may help us as well, but either then rely on them passing, we want to make money on our championships and survive under current rules. The USOC has indicated interest in supporting training centers at collegiate sites for Olympic sports, but again, we can't wait for this to happen.

What can the gymnastics community do to help the NCAA men's program? The financial success of our championships is the key to retaining it under current NCAA rules. Large ticket sales can make this happen. Here are several ways that the gymnastics community can help our NCAA Championships to succeed.

T H R E E

Each USOG club in the best institution's able and the best three schools and three child all-session tickets and holds a lottery or raffle within the club to distribute them.

S P E C I A L

Sponsors are found to purchase a number of all-session child tickets which are distributed among schools in the best's area.

Our 1993 championships will be held April 16 and 17 at the University of New Mexico in Albuquerque. The meet director is Tim Lamphie, and the host coach is Rusty Mitchell. Orders should be sent to NCAA Men's Gymnastics Championships, University of New Mexico Ticket Office, Athletic Building South Campus, Albuquerque, NM 87130.

O N E

Each USOG member club keeps an all-session child ticket. If an alumnae isn't local, he/she asks the meet director to provide the ticket to a local charity, school or club.

F O U R

The USOG men's program has already committed levels for promotional activities, including ticket giveaways connected with radio/TV announcements, a showcase featuring 1984 Olympians, and an award for the local club selling the most tickets. Other USOG-sponsored activities could be: all to buy one child ticket for each adult ticket bought. This can be accomplished by giving a coupon to each adult-child coupon to each adult-child package purchase that can be redeemed from the USOG; let to allocate a portion of an all-session ticket sold to each USOG-registered gymnasium who purchases one.

All session ticket costs (admission to three sessions) are:

child	\$12.00
(12 and under)	
adult	\$20.00

T W O

NCAA alumni are asked to buy one all-session child ticket. If an alumnae isn't local or can't attend the meet, he/she asks the meet director to provide the ticket to a local charity, school or club.

If the gymnastics community acts on these suggestions we will have full houses with many children being exposed to gymnastics at the highest collegiate level. How many of these children might want to get involved with gymnastics? Isn't this an easy way to support the collegiate program which provides further training and education for the young students currently in our U.S. public and private programs? Now is the time to get involved.

Driving Miss Stacey

by L. W. Smith

At last, medical experts have proved what every gymnastics parent has long suspected: the most important role parents play when it comes to their children's physical fitness is that of chauffeur.

A study just published in the *American Journal of Diseases of Children* looked at several ways parents might promote fitness in their children: by encouraging them to play, by playing with them and by serving as good role models. But the one factor that stood out as most significant was the parents' willingness to provide transportation to and from sports activities.

"It's the point is that encouragement and role modeling, while important, just aren't enough," says James Sallis, Ph.D., a public health psychologist at San Diego State University and lead author of the study.

The research included 297 fourth graders and their parents from Poway, Calif. "It's a very suburban community," says Sallis, "but like many places, the yards are microscopic. If the kids are going to be active, they've got to go somewhere else. And in most cases, their parents are going to have to take them."

"Kids today are really quite constrained in what they're able to do," Sallis continues. "We tell them, 'don't play in the street, don't go to the park by yourself, don't go outside when you're home alone.' And all of these restrictions, which are motivated by our desire to protect children, have the effect of limiting the children's opportunities to be active."

"In a modern society, there are so many barriers to children's physical fitness," Sallis adds. "Parents need to take specific steps to overcome those obstacles"—steps like driving in the gym car pool.

Remember this: the next time you're wiping chalk dust off the car upholstery.

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EVENT SCHEDULE

MARCH

- 5-4 McDonald's American Cup (R/W/T/V)
- 10 Redbox 1st All-Ireland Free (R/W/T/V)
- 18-21 International Masters Tournament (R/W)
- 25-29 American Classic Nationals (R)
- 25-Apr 2 USA vs. Japan Bed Competition (R/W/T/V)
- 26-28 International Free Cup (R/T/V)
- 26-28 V. Tournament of France (R/V)

- Orlando, FL
- Atlanta, GA
- Corbus, Q28
- Murray, UT
- Houston, TX
- Honolulu, HI
- Paris, FR

APRIL

- 3 NCAA Regional (R)
- 3 NCAA Regional (R)
- 8-10 USA Gymnastics Collegiate Championships (R/W)
- 12 USA Gymnastics Nat'l Invitational Tournament (R)
- 13-18 BSA APV/AA World Championships (R/W)
- 15-17 NCAA National Championships (R)
- 16-17 NCAA National Championships (R)
- 17-18 J.O. Level 7 & 10 Regional Meets (R)

- Norman, OK
- Norman, OK
- Springfield, MA
- Cape Girardeau, MO
- Birmingham, AL
- Corvallis, OR
- Albuquerque, NM
- Norman, OK

MAY

- 1 World University Games Trials (R)
- 4-9 J.O. Nationals (R)
- 7-9 J.O. Nationals - Level 7 (R)
- 13-16 J.O. Nationals - Level 10 (R)
- 21-24 Seaside Team Training Camp (R)
- 29-31 J.O. Nationals (R)
- 31A * Pre-Am Invitational (R/W)
- 31A * Pre-Am Exhibition (R/V)

- Salt Lake City, UT
- San Antonio, TX
- * Colorado Springs, CO
- Bellevue, WA
- Colorado Springs, CO
- Colorado Springs, CO
- * Reno, NV
- TBA

JUNE

- 4-6 U.S. Rhythmic Championships (R)
- 4-6 NTC Symposium (R)
- 12-13 World University Games Trials (R)
- 15-18 Age Group Development Team Camp (R)
- 15-Jul 13 NLS Team Prep Camp (R)
- 30-Jul 23 * Seaside National Team Camp (R)
- 30-Jul 23 Regional State Meets (R)
- 30-Jul 3 NARS National Symposium (R)

- Colorado Springs, CO
- Las Vegas, NV
- Colorado Springs, CO
- Colorado Springs, CO
- Colorado Springs, CO
- Colorado Springs, CO
- Phoenix, AZ
- Orlando, FL

JULY

- 8-10 World University Games (R/W)
- 17-18 Regional State Meets (R)
- 26-28 Jr. State 1 & 2 Development (R)
- 23-Aug 1 U.S. Olympic Festival (R/W/T/V)
- 23-Aug 4 * Regional Development Camp (R)
- 23-Aug 4 Elite Judges Course (R)

- Buffalo, NY (USA)
- Phoenix, AZ
- Colorado Springs, CO
- San Antonio, TX
- Colorado Springs, CO
- TBA

AUGUST

- 5-16 Jr. National Team Camp (R)
- 5-8 U.S. Classic Nationals (R)
- 25-28 U.S. Championships (R/W/T/V)
- * TBA Transpacific Circuit - USA/USA/USA (R)

- Colorado Springs, CO
- Austin, TX
- Salt Lake City, UT
- * TBA

(Dates & Events Subject to Change or Cancellation) * - Invitational
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COMPULSORIES

J.D. Reave, training with Ron Rost at the Olympic Training Center (OTC), led the competition after an compulsory events with 59.15. Reave started on pommel horse in 15th place and with his performance on still rings, jumped to the fourth position. Climbing steadily through vault (8.60), parallel bars (8.85) and high bar (9.00), Reave claimed the number one position after floor exercise (9.85).

Finishing the compulsory portion of competition is the best, 16-year-old Reave said, "This event determines my whole year, everything depends on how I do here."

After training at the OTC in Colorado Springs for a year and a half, Reave credits Rost for his consistency and overall improvement. "I really like Ron's coaching and it has helped my confidence level," said Reave.

By Susan Doughman

In front of a crowd of 2,000 gymnastics fans, the 1993 Winter Cup Challenge, held at the U.S. Air Force Academy in Colorado Springs, Colo., on February 2-4, served as a qualifier for the USOG National Teams and to several important competitions in this year's competitive season. The event included junior and senior elite compulsory and optional exercises.

A new twist was added to this year's Winter Cup Challenge—an optional-only ranking which selected the World Championships squad, the Olympic Festival participants and the Team '94 recipients. The reason for the optional-only ranking was due to the fact that the '92 Olympians have not had much time to train the new compulsories and, since the World Championships and Olympic Festival competitions are optional only, it made sense to select the athletes using optional-only scores.

Winter Cup

Gregg Carls, pictured here at the 1992 U.S. Championships, dominated the compulsory/optional all-around competition, earning him the Championships title.





Dennis Harrison, pictured here at the 1992 U.S. Championships, took third place with 194.55 in the compulsory/optional all-around competition.

OPTIONALS ONLY

With the optional portion of the competition came the familiar face of the 1992 Olympic Team who stepped up to the challenge of competing optionals only under the rules of the new Code of Points. Kewick dominated with 59.65, followed by Rootzliberger (54.55), Walker (54.55), and Ringwald (53.65). Umphrey followed in fifth place with 53.55 and Gregg Curtis, who competed both compulsory and optional, trailed Umphrey by .25.

Kewick, Rootzliberger, and Walker won the top three spots in optional only which placed them onto the 1993 World Championships Team to compete in Birmingham, Great Britain, April 13-14, for the all-around and individual event titles. Due to scheduling conflicts with NCAA Championships, Rootzliberger is expected to decline his position on the World Championships Team.

Kewick, Rootzliberger, and Walker won the top three spots in optional only which placed them onto the 1993 World Championships Team to compete in Birmingham, Great Britain, April 13-14, for the all-around and individual event titles. Due to scheduling conflicts with NCAA Championships, Rootzliberger is expected to decline his position on the World Championships Team.

J.B. Nelson, pictured here at the 1992 U.S. Championships, claimed the number one position in the compulsory competition.



Good compulsory showings from Bill Mulvihill (OTC) with a placement total of 53.00, Rip Simons (Ohio State) with 52.90, and Gregg Curtis (OTC) with 52.50 showed that the new compulsory are becoming a stable part of men's competition for the next four years.

Olympians Scott Kewick (UCLA), Jair Lynch (Stanford), John Rootzliberger (Minnesota), Lance Ringwald (Gold Cup), Chris Walker (UCLA) and National Team member Chaimy Umphrey (UCLA) did not compete compulsory exercises but took part in optional competition in an effort to make the 1993 World Championships Team. These athletes are expected to position onto the Senior National Team.

Photo Courtesy: USA Gymnastics

Next in line to replace Rootzliberger is veteran Ringwald who has been a member of two Olympic Teams (1988, 1992) and two World Championships Teams (1988, 1991). "Since the Olympics, I have been training because I enjoy it and get a lot out of it, but I came to Winter Cup to have fun with gymnastics," said Ringwald. "You never know what's going to happen."

Olympic teammate Kewick was impressed with the level of difficulty shown in some routines. "A lot of the guys did increase the skills in all routines to meet the new changes in the FIG code, which is good for gymnastics," said Kewick. When asked if this appointment to the World Championships team would help him decide whether to compete individually, Kewick said, "I have not actually sat down to soul search and decide whether to keep training and competing after I graduate from UCLA or whether to start my career. The 1992 Olympics were a fire-off goal for so long for me, that since I came back from Barcelona it has been difficult to set new goals, but making the World's team is a good motivator."

The top 12 athletes in the optional-only ranking will receive Team '96 Support Money totaling \$111,000.

COMBINED ALL-AROUND

Using the 50 percent compulsory and 50 percent optional combined scores, the all-around ranking was swept by the Olympic Training Center athletes, with three of four athletes in the top four. Last year's 10th place Winter Cup finisher, Curtis dominated the all-around with a solid 105.800 leading the competition through the last three positions. Compulsory leader Nave followed with 104.950, Dennis Harrison (Nebraska) took third with 104.900, and Kyle Asano ended the competition in fourth with 104.750, locking .05 to medal with training partner Curtis and Nave.

The competition was a tense one for Curtis, who had been told he needed to make the top six to stay in the OTC program. "I just wanted to go out and do my best," Curtis said. "I realized a lot was at stake."

"He lacked the confidence to compete with the world-class guys," said coach Beane. "We basically had to start over, which is pretty frustrating for a guy in his 20's. This is a major stepping stone for him."

The top 14 ranked gymnasts in the compulsory/optional ranking form the Senior National Team. National team membership creates the opportunity to travel and compete in national and international competitions throughout the year.

Scott Foster (Ohio State), Tom Meadows (Oklahoma), Charlie Donald (Illinois), and Ricky Kauter (Nebraska) qualified to the Senior Elite Development Team as the next four ranked athletes under age 21.



SENIOR NATIONAL TEAM

Gregg Carls	OTC	105.80
J. D. Reive	OTC	104.95
Dennis Harrison	Nebraska	104.80
Kyle Axson	OTC	104.75
Mike Masoud	Penn State	103.65
Richard Gross	Nebraska	103.50
Garry Benk	Iowa	102.50
Jesse Christo	Nebraska	102.25
Drew Durbin	Columbus	101.60
Bill Mulholland	OTC	101.40
Robbie Kieffer	Capital	101.10
Steve McCain	UCLA	100.60
Mihai Boju	Gold Cup	100.30
Ben Brown	Iowa	99.30

SENIOR OPTIONAL ALL-AROUND RESULTS

Scott Reewick	UCLA	55.40
John Roedlberger	Minnesota	54.95
Chris Waller	UCLA	54.80
Lance Ringwald	Gold Cup	53.65
Colin Humphrey	UCLA	53.55
Gregg Carls	OTC	53.30
Kyle Axson	OTC	53.25
Mike Masoud	Penn State	53.25
John Lynch	Stanford	52.90
Dennis Harrison	Nebraska	52.80
Drew Durbin	Columbus	52.45
Tom Meadows	Oklahoma	52.15

The optional all-around scores determined the World Championship squad, Olympic Festival participants and Team '96 Finals.

SENIOR ELITE DEVELOPMENT TEAM

Scott Foster	Ohio State	98.90
Tom Meadows	Oklahoma	98.80
Charlie Kewelski	Illinois	98.55
Ricky Kieffer	Nebraska	97.35

JUNIOR ELITE TEAM

Rhona Wilson	Columbus	102.25
Leo Darillo	OTC	100.85
Jeremy Killen	As. Hairs	100.50
Jeanie Ellis	Gold Cup	98.50
Brent Kloss	International	97.90
Tony Parry	Penn State	96.90
Jay Thornton	Iowa	96.25

By Dave Moschetti



Left: Jarrod Hanks

Left: Gymnastics Photo
© Dave Moschetti

Below: Paul O'Neill

Photograph taken
Lansley

On parallel bars, Jim Fosdy (UCLA) nearly completed a giant with $1\frac{1}{2}$ turns to armed straddle, while teammate McCain put his effort into giant one, healy, healy, hop pommel. Bagan added flank cut to marmos, cast double front to upper arm, back space straddle cut to L. But, Curtis' execution of healy, healy, double front dismount earned him the title.

High flying release and dismounts rounded out the competition on horizontal bar.

The second annual Originality Invitational was held Sunday, February 7, in the Sports Complex at the U.S. Olympic Training Center. Eleven gymnasts competed for cash prizes on each of the six events (\$250 awarded for each event, with the grand prize for "Best of Show" earning \$300). The necessity of the competition built as a group of 150 spectators packed the training gym and cheered on their favorite athlete.

The competition began on floor exercise where the gymnasts used their first several attempts at new and more strenuous skills to gauge their landings in the lower vault pit. Robby Karfner, from Capital Gymnastics, won the event with a double twisting double back somersault in the layout position. Other attempts included Oklahoma's Jarrod Hanks' triple back somersault, and Brent Klaus' triple front somersault. Klaus, from Atlanta International Gymnastics.

Four competitors took several attempts each before the pommel horse title was decided. In the end, Gold Cup's Mihai Bagan and UCLA's Brian McCain tied

with very difficult combination sequences. McCain set the pace with loop circles to knee in Circle-knee over the rear pommel, knee-out Circle-knee over the rear pommel to a Moegles. After several different attempts Bagan successfully completed the following combination: Moegles to back loops, $1\frac{1}{4}$ turn, knee-in, flare circle, 2 flare circles with both hands on the leather outside the pommels, Direct Stick to the pommel flared, $1\frac{1}{4}$ turn, flare to handstand with $1\frac{1}{4}$ turns. Hanks took several attempts at a flare to handstand sequence while Klaus tried seven skills on one pommel.

Paul O'Neill defended his still rings title with a strength combination: straddle backward to L-chin, press to



one-trick double shoot to inverted cross, back uprise to Maltese, lower to cross. Several gymnasts attempted unique dismounts including Brent Karwick with a double twisting double lay-out, Adam Berkhardt's (Gold Cup) cross-steps double dismount to triple back, and Klaus' triple front.

Don Kanson (Arizona Sunrays) claimed the vaulting title with a handspring onto the board, handspring front somersault. Gregg Curtis and Klaus both attempted a Kasatzenko with $1\frac{1}{2}$ turns.

Hanks began with a release sequence: Backbar, Ganger, Kato Rauch, and finished by attempting a triple back dismount. Fosdy completed a double twisting double layout dismount. McCain tried a sidder to stretched Thachow and Karwick put together a combination of Kanas, $1\frac{1}{2}$ turn over the bar, Ganger (Joan Ellis, from Gold Cup, performed a release to dismount sequence Thachow, Thachow double twisting double back somersault tucked, but claimed the event prize by catching a Kelson).

Don Kanson won "Best of Show" with his difficult and original vault. The unique and innovative skills performed demonstrate the originality for which American gymnasts have become worldrenown.

ORIGINALITY INVITATIONAL



Alison Brooke Becknell pictured at the 1993 Olympic Trials

1993 RHYTHMIC GYMNASTICS

Rhythmic Challenge

February 21, 1993

Colorado Springs, Colorado

SENIOR ALL-AROUND

#	Name	Rings	Hoop	Ball	Cable	Ribbon	All-around
1.	Brooke Becknell	8.70	9.10	8.20	9.00	8.95	35.75
2.	Caroline Hunt	8.70	9.00	8.10	8.90	8.75	35.25
3.	Jessie Davis	8.60	8.20	9.00	8.90	8.55	35.25
4.	Sally Ward	8.50	8.80	8.90	7.80	8.70	34.90
5.	Tamara Lemmon	9.00	8.00	8.80	8.80	8.10	34.70
5.	Christi Tacey	8.40	8.70	8.80	8.80	8.20	34.70
7.	Yvonne Hinderlyper	8.80	8.20	7.40	8.90	8.30	33.40
8.	Hester Lovell		8.10	8.40	7.70	8.60	32.80
9.	Sofield Albert	7.10	7.60	8.70	8.40	7.80	32.50
10.	Coast Becker	7.20	8.10	7.70	7.80	8.20	31.80
11.	Healy Jones	7.20	7.70	8.20	7.90	6.80	31.10
12.	Elizabeth Davidson	7.40	7.80	8.00	7.70	7.40	30.90

Note: Lowest score dropped

JUNIOR ALL-AROUND

#	Name	Rings	Hoop	Ball	Cable	Ribbon	All-around
1.	Leif Fredrickson	8.40		8.10	8.10	8.90	33.50
2.	Jennifer Lim	8.40		8.20	8.10	8.08	33.00
3.	Tina Thorp	8.50		7.20	8.40	7.50	31.60
4.	Challen Sivers	6.80		7.20	7.60	7.00	29.50



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DAWESOME!

by Ashley Booth



She is called *Awesome Dawesome*. A two-time national event champion and a member of the bronze medal U.S. Olympic Team in Barcelona, her dynamic floor routines have earned her a 10-00 and a standing ovation. Her name is Dominique Dawes.

Dawes' gymnastics story began when her parents started her gymnastics lessons at age six and a half. She has continued since. "I loved the tumbling and jumping part of gymnastics most in the beginning, but now it's more dance and difficult tricks than I enjoy," she reveals.

The realization that gymnastics was something in which she could excel came when she made the Junior National Championships (1993). "I was really proud of myself and so were my coaches, and they really pushed me to try harder and keep going further," said Dawes.

It's Dawes' "family, friends, and coaches" that continue to motivate her to

train every day. Despite the difficulties in training as an elite gymnast, "no one puts pressure on me," she said.

She was lucky to find a world-class coach, Kelli Hill, only 35 minutes from her home in Silver Spring, Maryland. She has trained with Hill from her first lesson.

"I knew when she walked in the door that she was talented," said Hill. "She caught on quick, was strong and never quit trying."

Dawes considers her gymnastics style "dynamic" and her would disapprove. Although floor is the event in which she is

most famous, she said she doesn't have a favorite or least favorite event.

In spite of dropping an hour from her training schedule since the Olympics, she has added new difficulty to her tumbling and changed her beam and bars routines.

"I have a new bar routine and a new beam routine with different dance, but pretty much the same skills. I'm also working harder tumbling and a little bit harder beam and bars."

After the Olympic Games, Dawes had a cast on her leg for five weeks due to tendonitis. "She never missed a day in the gym to condition," said Hill.

"I'm pretty much pain-free at this point, and I'm trying to get harder skills and better routines," said Dawes.

Although she believes she is working at only 75 percent of her potential, Dawes hasn't set any long-term goals yet. "I just

depends on how I do this year. My immediate goal is to do well at the McDonald's American Cup and the International Mixed Points and to qualify for the World Championships in April," she said, adding that she hasn't even thought about the 1996 Olympics in Atlanta.

Dawes now spends about 35 hours every week in the gym, training to learn new skills and tricks. A normal weekday starts at 4:00 a.m. She works out at the gym from 6 a.m. to 8 a.m., goes to high school from 8:30 a.m. to 3:00 p.m., and then goes back to the gym from 5 p.m. to 7 p.m.

Weekends are different. "I work out on Saturdays from 1 p.m. to 6 p.m.," she said. "On Sundays I go to church in the morning, and the rest of the day I spend with my family at home, or with my friends."

What is her secret for getting over the fear of a new move? Many mats and spotting from her coach. She completely overcomes any fear of a move when she can complete the skill on her own.

She admits to having trouble initially with pressure during a competition, but says she's used to it now. "I just think confidently. I don't try to think that I shouldn't be nervous, because I'm always nervous."

This attitude obviously helped her at the Olympics. "We kind of left pressure but there was more pressure at the Olympic trials," she said, that making the Olympic team has been her biggest moment so far in gymnastics.

Dawes thinks her teammates at Barcelona were all nice even though, "We all didn't know each other too well at first but we got to know each other a lot better by the end of the games."

With Bill's Gymnastics 30 minutes from home, Dawes stayed overnight with Hill many times when she was younger. Now she lives at home with her dad, Don, who owns his own business, her mom, Loretha, who works as a secretary, her 18-year-old brother, Don, and her older sister, Danielle, who's 20.

Outside the gym Dawes lives the active life of a normal 18-year-old. Her musical tastes go towards rhythm and blues and "a little bit of rap." She loves Stephen King novels and any kind of horror book.

"I like to watch television, yeah, a lot. I really like comedy shows on TV like *Martin* and stuff like that. I like watching horror movies, too."

One of her favorite pastimes is jumping on her family's trampoline. She also likes working out in a weight room, as well as going swimming with her friends or getting together with them at the gym. She collects trolls and pins, and says she really likes to cook.

Dawes has something guaranteed to generate envy in her competitors—in

easy time keeping her four feet nine and a half inch body at 82 pounds. She loves pizza and eats it whenever she wants. However, Coach Hill is quick to point out that Dominique is an extremely nutritious eater. "The reason she maintains her weight so well," says Hill, "is because she eats correctly and loves to do strength exercises and weight train in her free time. Asked if she's ever been known to snack a candy bar, Dawes gives an easy "no."

As an eleventh grader at Carlinburg High School, she lives her math and science course best, although she gets her highest grades in Spanish and History. Homework generally isn't a problem. "I usually have time to do it at night, or I do it at lunch at school."

Although she has not decided on a college yet, she plans to major in "either medicine, law, or criminology." She wants to compete in college on a gymnastics scholarship.

Dawes has naturally done a lot of traveling and said that the opportunity to travel, along with "seeing my friends every day," is one of the reasons she likes gymnastics so much.

Dawes' focus now is on April's World Gymnastics Championships in Birmingham, England. Regardless of the outcome, however, she plans to stay involved in gymnastics, perhaps eventually commenting or judging. It looks like we'll be seeing *American* Dawesons around for a long time to come.

"I KNEW WHEN SHE WALKED IN THE DOOR THAT SHE WAS TALENTED. SHE CAUGHT ON QUICK, WAS STRONG AND NEVER QUIT TRYING."

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JR. PAN AMERICAN GAMES

Report by Susan Cable

From the U.S. showing at the Jr. Pan American Games in Sao Paulo, Brazil on December 8-14, the U.S. future looks bright. The competition included two divisions (child and junior) in men's, women's and rhythmic gymnastics. The U.S. won several medals, including two all-around gold medals by Jennie Thompson and Mike Dufres.

The event results were:

WOMEN JUNIOR TEAM

1. Canada	71.075
2. USA	70.900
3. Brazil	70.800

All-Around

1. Simone Biles	ABC	37.925
2. Larissa Apalache	USA	37.700
3. Silvia Mendez	USA	37.625
4. Melissa Gross	USA	37.400
5. Leticia Molinsky	USA	36.875

Vault

1. Larissa Apalache	USA	9.475
2. Silvia Mendez	USA	9.375
3. Melissa Gross	USA	9.300
4. Larissa Apalache	USA	9.200

Bars

1. Melissa Gross	USA	9.700
2. Larissa Apalache	USA	9.600
3. Martina Dominguez	CAN	9.500

Beam

1. Simone Biles	USA	9.600
2. Larissa Apalache	USA	9.500
3. Jennie Thompson	CAN	9.425
4. Melissa Gross	USA	9.375

Floor

1. Silvia Mendez	USA	9.625
2. Melissa Gross	USA	9.425
3. Larissa Apalache	USA	9.400

CHILD TEAM

1. USA	74.200
2. CAN	73.625
3. ABC	73.075

All-Around

1. Jennie Thompson	USA	37.500
2. Dominique Monaghan	USA	36.725
3. Yvonne Tsech	CAN	36.475

Vault

1. Dominique Monaghan	USA	9.600
2. Yvonne Tsech	CAN	9.425
3. Larissa Apalache	ABC	9.375
4. Jennie Thompson	USA	9.300

Bars

1. Dominique Monaghan	USA	9.625
2. Jennie Thompson	USA	9.500
3. Yvonne Tsech	CAN	9.475

Beam

1. Jennie Thompson	USA	9.425
2. Melissa LeClair	CAN	9.325
3. Larissa Apalache	ABC	9.025

Floor Exercise

1. Dominique Monaghan	USA	9.6
2. Larissa Apalache	ABC	9.5
3. Yvonne Tsech	CAN	9.4

MEN JUNIOR TEAM

1. CAN	108.600
2. USA	107.000
3. ABC	105.800

All-Around

1. Roberto Malabarbal	CUB	54.750
2. Diego Lora	PUR	54.500
3. Steven Bousquet	CAN	54.250
4. Jeremy Kilian	USA	54.000
5. Timothy Dillaghy	USA	53.800
6. Steven Bousquet	USA	53.500

(over)

Jennie Thompson, pictured here at the 1992 U.S. Championships, won three gold medals at the Jr. Pan American Games.



(over)

Mike Dufres won five gold medals and one bronze at the Jr. Pan American Games.

Vault

1. Diego Lora	PUR	9.250
2. Eric Gossage	CAN	9.125
3. Steven Bousquet	CAN	9.100
4. Timothy Dillaghy	USA	9.000

Parallel Bars

1. Steven Bousquet	CAN	9.600
2. Claudio Malabarbal	USA	9.500
3. Jeremy Kilian	USA	9.400
4. Timothy Dillaghy	USA	9.300

High Bar

1. Roberto Malabarbal	CUB	9.500
2. Steven Bousquet	CAN	9.300
3. Diego Lora	PUR	9.100
4. Jeremy Kilian	USA	9.000
5. Timothy Dillaghy	USA	8.900

CHILD TEAM

1. USA	98.600
2. Canada	101.800
3. Mexico	101.400

All-Around

1. Mike Dufres	USA	58.800
2. Steven Bousquet	CAN	58.500
3. David Lohr	USA	58.300
4. Jay Kordell	USA	58.000

Floor Exercise

1. Mike Dufres	USA	9.600
2. Steven Bousquet	ABC	9.500
3. David Lohr	USA	9.300

Light
Dominique Maccoena,
planted here at the
1992 U.S. Championships,
won four gold
medals at the Jr. Pan
American Games.



Personal Horse

1. Derek Latta	USA	8.800
2. Steven Bourgea	CAN	8.500
3. Mike Duffin	USA	8.400

Still Rings

1. Steven Bourgea	CAN	8.800
2. Derek Latta	USA	8.600
3. Lee Carter-Tindlen	ARG	8.500
3. Mike Duffin	USA	7.800

Vault

1. Mike Duffin	USA	8.800
2. John-Cow-Carter	ARG	8.600
3. Derek Latta	USA	8.200
3. Erik Polonsky	ARG	8.000

Parallel Bars

1. Joseph-Blanc-Comble	CUB	9.450
2. Derek Latta	USA	9.200
3. Barry Gooding	USA	9.450
4. Mike Duffin	USA	8.900

High Bar

1. Mike Duffin	USA	9.200
2. Martin Ponsard	CAN	8.800
3. Erik Polonsky	ARG	8.750
4. Jon Norvall	USA	8.200

RHYTHMIC

JUNIOR TEAM

1. CAN	100.500
2. USA	98.500
3. ARG	97.400

All-Around

1. Heather Bennett	CAN	34.000
2. Linda Leigh-Stratton	CAN	33.700
3. Elizabeth Henry	USA	33.000
4. Sally Ward	USA	31.000
5. Jennifer Lee	USA	31.200

Hoop

1. Linda Leigh-Stratton	CAN	8.750
2. Nicole Ali	ARG	8.500
3. Alexandra Gouzer	ARG	8.000
4. Christy Tracy	USA	7.800
5. Sally Ward	USA	7.600

Ball

1. Lindsey Richards	CAN	8.750
2. Nicole Ali	ARG	8.600
3. Diana-Cow-Carter	CUB	8.400

4. Jessica Davis	USA	8.000
5. Christy Tracy	USA	8.000

Cub

1. Alexandra Gouzer	ARG	8.800
2. Linda Leigh-Stratton	CAN	8.500
3. Lindsey Richards	CAN	8.200
4. Christy Tracy	USA	8.000
5. Sally Ward	USA	8.000

Ribbon

1. Lindsey Richards	CAN	8.200
2. Nicole Ali	ARG	8.100
3. Diana-Cow-Carter	CUB	8.100
4. Sally Ward	USA	8.000
5. Christy Tracy	USA	7.800

CHILD TEAM

1. ARG	74.000
2. CAN	74.100
3. USA	73.000

All-Around

1. Luciana Eslava	ARG	37.000
2. Andrea Salas	CAN	35.000
3. M. De Lencastre	ARG	35.000
4. Tina Sharp	USA	34.000
5. Robin Krueger	USA	34.000
6. Jennifer Lee	USA	34.000

Rope

1. Luciana Eslava	ARG	8.750
2. Andrea Salas	CAN	8.500
3. Ariana Seal	CUB	8.000
4. Robin Krueger	USA	8.000
5. Tina Sharp	USA	7.750

Hoop

1. Luciana Eslava	ARG	8.000
2. Andrea Salas	CAN	8.000
3. Tina Sharp	USA	8.000
4. Jennifer Lee	USA	7.800

Ball

1. Ariana Seal	CUB	8.400
2. Nicole Ali	ARG	8.400
3. Luciana Eslava	ARG	8.100
4. Robin Krueger	USA	8.000
5. Tina Sharp	USA	8.000

CHUNKY CUP & TOKYO CUP

The 1992 Chunky Cup International and Tokyo Cup were showcases for the Barcelona Olympics and up-and-coming stars. The Chunky Cup, held in Nagoya, Japan, took place on November 28-29, and the Tokyo Cup, held in Tokyo, Japan, occurred on December 3.

The U.S. was well represented by Heidi Hambeck of Arizona Sunnys, coached by Dan Wittenstein, and Monica Shaw of Rocky Mountain Gymnastics, coached by Mark Lee. Chris Walter of UCLA and four Lynch of Stanford, as well as Stanford's coach Sadeo Hamada, also made the trip.

The women's competition was a battle between the Romanian Olympians, Lavinia Milosavljevic and Catalina Bontas, the People's Republic of Korea's Kim Gwang Suk and the U.S.'s Hambeck. With only three tumbs separating these gymnasts, it was an exciting competition.

Hambeck placed fourth all-around with a score of 39.075 and qualified for all four event finals. She also won the silver medal on floor at the Tokyo Cup. Shaw qualified for four finals and won the silver medal at both the Chunky and Tokyo Cup performing her original move called the "Shaw" and used a new full-in element for a score of 9.865.

The men's competition was very tough with strong performances from Pao Gai-Hsi (PRK), Ivan Ivankov (BUL), Yukio Hattori and Yusaku Ashino (JPN), and Zhou Jing (CHN).

Waller finished eighth all-around and Lynch was injured and unable to complete the competition.

The men's competition could also have been called the Eastern Forward Tour. This was his last competition and special presentations were made to him.

By Dan Wittenstein

CHUNCHI CUP

WOMEN

All-Around

1	Larisa Mikoski	RUS	59.24
2	Carolea Beale	GBR	58.36
3	Rita Grang Sol	FIN	58.07
4	Heli Mäkelä	USA	57.91
5	Olga Wilson	BLR	56.21
6	Audrey Melin	FIN	56.09
7	Melinda Fox	FIN	56.09
8	Larinda/Svetlana	USA	56.11
9	Mirinda	FIN	56.13
10	Marjo Puro	USA	56.18
11	Lisa Reed	AUS	56.18
12	Kristina Wilson	FIN	56.07
13	Yu-Qin	CHN	55.54
14	Lee Hui-Kyung	GBR	55.12
15	Svetlana	FIN	55.07
16	Chloe Collins	AUS	55.01
17	He Huihui	CHN	55.00
18	Lee Hui Jung	GBR	54.73

Vault

1	Mikolova	FIN	9.50
2	Reada	FIN	9.10
3	Wilson	FIN	9.10
4	Makela	FIN	9.04

Bars

1	Kan	FIN	9.95
2	Reada	FIN	9.88
3	Mikolova	FIN	9.70
4	Makela	FIN	9.55

Beam

1	Svetlana	FIN	9.82
2	Reada	FIN	9.65
3	Olga	FIN	9.50
4	Reada	FIN	9.32
5	Makela	FIN	9.10

Floor

1	Olga	FIN	9.87
2	Svetlana	FIN	9.87
3	Mikolova	FIN	9.65
4	Makela	FIN	9.48

M E N

All-Around

1	Yusuf Adams	FIN	58.50
2	Arto Isomäki	FIN	57.80
3	Yusuf Yusuf	GBR	57.10
4	William Tinkler	FIN	57.00
5	Georgi Mikolova	FIN	56.50
6	Yusuf Adams	FIN	56.50
7	Reada	FIN	56.50
8	Chloe Wilson	GBR	56.50
9	Kristina Wilson	FIN	56.50
10	Lee Hui Jung	FIN	56.50
11	Lee Hui Jung	GBR	56.50
12	Chloe Wilson	FIN	56.50
13	Chloe Wilson	FIN	56.50
14	Reada	FIN	56.50
15	Arto Isomäki	FIN	56.50
16	William Tinkler	FIN	56.50
17	Yusuf Adams	FIN	56.50

Floor

1	Arto	FIN	9.70
2	Olga	FIN	9.50
3	Yu-Qin	FIN	9.30
4	Wilson	FIN	9.00

Parallel Bars

1	Lee	FIN	9.50
2	Yusuf	FIN	9.40
3	Reada	FIN	9.30

Still Rings

1	Wilson	FIN	9.50
2	Reada	FIN	9.40
3	Yusuf	FIN	9.30
4	Olga	FIN	9.20
5	Yu-Qin	FIN	9.10
6	Wilson	FIN	9.00

Vault

1	Olga	FIN	9.50
2	Arto	FIN	9.40
3	Wilson	FIN	9.30

Parallel Bars

1	Yusuf	FIN	9.50
2	Reada	FIN	9.40
3	Olga	FIN	9.30

High Bar

1	Arto	FIN	9.50
2	Reada	FIN	9.40
3	Olga	FIN	9.30
4	Wilson	FIN	9.20

TOKYO CUP

WOMEN

Vault

1	Reada	FIN	9.50
2	Olga	FIN	9.40
3	Olga	FIN	9.30
4	Makela	FIN	9.20

Bars

1	Kan	FIN	9.50
2	Reada	FIN	9.40
3	Reada	FIN	9.30

Beam

1	Svetlana	FIN	9.50
2	Reada	FIN	9.40
3	Yu	FIN	9.30
4	Olga	FIN	9.20

Floor

1	Svetlana	FIN	9.50
2	Olga	FIN	9.40
3	Olga	FIN	9.30

M E N

Floor

1	Olga	FIN	9.50
2	Reada	FIN	9.40
3	Olga	FIN	9.30
4	Yu-Qin	FIN	9.20



Pictured here from the 1993 U.S. Japan Dual Competition, Heidi Harabek placed fourth all-around, with only three vaults separating her from the champion.

Parallel Bars

1	Lee	FIN	9.50
2	Reada	FIN	9.40
3	Mikolova	FIN	9.30
4	Olga	FIN	9.20

Rings

1	Wilson	FIN	9.50
2	Reada	FIN	9.40
3	Olga	FIN	9.30
4	Wilson	FIN	9.20
5	Wilson	FIN	9.10

Vault

1	Arto	FIN	9.50
2	Lee	FIN	9.40
3	Wilson	FIN	9.30

Parallel Bars

1	Arto	FIN	9.50
2	Reada	FIN	9.40
3	Lee	FIN	9.30
4	Wilson	FIN	9.20

High Bar

1	Reada	FIN	9.50
2	Wilson	FIN	9.40
3	Lee	FIN	9.30
4	Wilson	FIN	9.20



Maxim Shvart, pictured here from the 1993 U.S. Championships, won the silver medal as best at both the Chunichi Cup and Tokyo Cup.

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SCHERBO—TOP & POP PERFORMER

Vladimir Scherbo, winner of six gold medals at the 1992 Olympic Games, has been selected as the number-one athlete in the world and the 11th recipient of the Jesse Owens International Trophy Award. Scherbo, from Belarus, was chosen by an international panel of voters. This award symbolizes excellence in athletic performance and advocates cooperation and understanding among people of all nations.

In addition, Scherbo found pop fame when a new music video by the rock group B-52's featured his athletic talent. He is being paid to appear in the rock video. The income is important, but Scherbo considers the exposure just as valuable. "Another businessman can see me on MTV and come to me if they like me," said Scherbo.

Has all this attention gone to his head? "People will forget me after one or two years," said 20-year-old Scherbo. "I will try to capitalize on this situation as long as possible."

After the 1996 Olympic Games, Scherbo dreams of a successful life with his new wife, while coaching gymnasts in the USA.



Photo © 1992 USA Gymnastics

KIM GWANG SUK HOW OLD IS SHE REALLY?

Remember little Kim Gwang Suk, who won uneven bars at the 1991 World Championships in Indianapolis with a perfect 10.00?

Gwang Suk has been entered into competitions by her federation, the People's Republic of Korea, with three different birth dates. At the 1989 World Championships her birth date was listed as October 15, 1974. At the 1990 World Championships her birth date changed to February 18, 1975 and at the 1992 Olympic Games it was February 15, 1976. According to her federation, Gwang Suk's real birth date is February 15, 1975.

The International Gymnastics Federation (FIG) has banned the FRK women's team from competing at the 1993 World Championships in Birmingham, Great Britain, because it falsified the age of the champion gymnast, Kim Gwang Suk.

The Executive Committee of the FIG distributed a release indicating that the infractions committed by the FRK are very serious and that such a violation of the rules will not be accepted. The release continued, "It is a most unfortunate behavior and unfair to all other participating nations and gymnasts."



Photo © 1992 USA Gymnastics

USOC SPORTSMAN AND SPORTSWOMAN OF THE YEAR

Each USOC member organization selected a male and female athlete of the year for 1992. These athletes were then placed on a ballot and voted on by members of the national media, USOC Board of Directors and the USOC Athletes' Advisory Council.

TOP TEN SPORTSMEN OF THE YEAR

Rank	Sport	Points (1st Place Value)
1.	Paula Abdul, Swimming	1,191 (130)
2.	Kevin Young, Track & Field	1,063 (120)
3.	Brian Benschneider, Wrestling	981 (135)
4.	Oscar de la Hoya, Boxing	889 (115)
5.	Paul Wylie, Figure Skating	719 (110)
6.	Ernst Vlasov, Gymnastics	707 (95)
7.	Ray Bellamy, Ice Hockey	657 (100)
8.	Mark Rutherford "Cannon Ball"	648 (110)
9.	Phil Besh, Baseball	594
10.	Jon Jacobs "Scott Swanson", Soccer/Track	591

TOP TEN SPORTSWOMEN OF THE YEAR

Rank	Sport	Points (1st Place Value)
1.	Joanne Whet, Speed Skating	1,357 (165)
2.	Kristi Yamaguchi, Figure Skating	1,254 (140)
3.	Debi Downes, Track & Field	1,063 (121)
4.	Suzanne Slonaker, Swimming	957 (111)
5.	Shannon Miller, Gymnastics	931 (110)
6.	Deanne Hildebrandt, Sitting	558
7.	Jennifer Capriati, Tennis	495
8.	Leann Webb, Shooting	394
9.	Karen and Sara Josephson, Synchronized Swimming	373
10.	Trishie Davis, Wheelchair	356

KEVIN DAVIS NAMED COUNCIL REP

1988 Olympian Kevin Davis has been named the representative of USA Gymnastics to the USOC Athletes' Advisory Council. Duane Simpson, 1988 Olympian, has been named the alternate to this position.

The Athletes' Advisory Council broadens communication between the USOC and currently active athletes, and serves as a source of opinion and advice to the Board of Directors with regard to both current and contemplated policies of the USOC. The council consists of at least one athlete from each sport in which the United States is represented at the Olympic and Pan American Games and six athletes elected by the Athletes' Advisory Council to serve at-large on the Athletes' Advisory Council.

Congratulations to Davis and thanks go to previous USOC AAC member, Wendy Hillard.

U S A G Y M N A S T I C S

SAFETY CERTIFICATION

1. The text book for the Certification Course is the USGF GYMNASTICS SAFETY MANUAL. This text/reference manual is to be purchased and studied prior to course participation.
2. The course will take approximately six hours, including the test.
3. Certification is good for four years.
4. The course fee is \$100.00. USGF members and second cycle recertification is \$75.00. Retest cost is \$25.00.

For groups of at least 5, contact USA Gymnastics Department of Safety and Education (317) 237-5050.

SCHEDULED COURSES

Saturday, March 21, 1993

Lorain, KS
10:00 a.m.-4:30 p.m.
Elite Gymnastics Club
15600 West 108th Street
Lorain, KS 66215
Course Dir.: James Godney
913-469-3554

Saturday, March 27, 1993

Louisville, KY
10:00 a.m.-3:30 p.m.
Louisville Gymnastics Club
3600 Chambers Lane
Suite 210
Louisville, KY 40241
Course Dir.: Kevin Spencer
502-426-2214

Friday, April 2, 1993

Phoenix, AZ
12:00 noon-6:00 p.m.
Phoenix Airport Hilton
2435 S. 47th Street
Phoenix, AZ 85004
Course Dir.: Hiroshi Fujimoto

408-373-1694

Local Contact: Brock Arstine
602-750-8891

Saturday, April 17, 1993

Clearwater, FL
12:00 noon-6:00 p.m.
Apollo School of Gymnastics
2140 Range Road, Unit C
Clearwater, FL 34625
Course Dir.: Karl Bishop
813-443-2108

Saturday, April 24, 1993

Petaluma, CA
3:00 p.m.-9:00 p.m.
Redwood Empire Gymnastics
404 Payson Street
Petaluma, CA 95940
Course Dir.: Hiroshi Fujimoto
408-373-1694
Local Contact: Steve Klorz
707-778-0529

Saturday, April 24, 1993

Layton, UT
8:00 a.m.-2:00 p.m.
North Davis Gymnastics
80 W. Gentile
Layton, UT 84041
Course Dir.: Blake Starr
801-944-0654

Saturday, July 31, 1993

Columbus OH
10:00 a.m.-2:00 p.m.
Radisson Hotel Columbus North
4900 Sinclair Rd
Columbus OH 43229
Course Dir.: Bobbie Morrison
614-457-1279

Sunday, October 2, 1993

Herrington, NJ
10:00 a.m.-6:00 p.m.
Gymnastics Unlimited
812 #5 Box 60
Herrington, NJ 08822
Course Dir.: Cathy Pinski
201-586-1908

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SHANNON MILLER: FEMALE ATHLETE OF THE YEAR

Shannon Miller was one of this year's honorees at the National Athletic Awards to benefit the March of Dimes. Miller received the female athlete of the year award on February 13, at the Fox Theatre in Detroit, Michigan.

The National Athletic Awards have raised over \$600,000 for the March of Dimes Campaign for healthier babies since its inception in 1969. Past award recipients include: Roger Bay Lonsdale, Lou Flato, Florence Griffith Joyner, Kim Zmeskal, Scott Cook, Peter and Christine Reiche, Helen Lyman, Alexander "The Great" Israeli. This year, along with Miller, the honorees included: Deoddy Harrell, Hiarmun Trophy winner Cami Tordella and Fred Ballou, the founder of the New York City Marathon.

SOUTH AFRICAN CUP: GRUBBS WINS FIVE MEDALS

Perle's's Martha Grubbs and Colombian Gymnastics Academy's Elaine Wilson represented the U.S. at the 1992 South African Cup. Mark Kravitz and Dennis McIntyre were the U.S. coaches in the competition.

Great Britain, Romania, USA, Bulgaria, Russia and South Africa were the participating countries.

Romania's Maria Neculita won the women's all-around competition with a score of 39.40 while Grubbs earned the silver medal with a 38.35. Third place went to Great Britain's Gita

Lusack. Neculita won first place in all four events and Grubbs placed second on vault, and third on bars, beam and floor.

If she fails to be ready, Grubbs placed 21st all-around at the 1992 U.S. Championships, missing the national team by one spot. However, due to retirement and athletes moving on to collegiate competition, Grubbs was added to the senior national team and made a great showing in her first international competition.

In the men's competition, Azerbaijan's Valery Brinkov won the all-around with 58.10 Bulgaria's Kalofer Hristovs placed second with 56.65 and Romania's Christian Bocuana finished third with 55.60. Wilson, in his first international competition, scored 54.65 for fifth place.



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Continued from page 63

sponsored certain Soviet sports in the past, this is the first time that the former Soviet Union (now the republic of Russia) has a sponsor for their under national Olympic Committee. And I am sure that Koshik will not be the last.

Along with the opportunity to receive sponsor support goes the obligation and understanding of such relationships. In the past, these teams that were supported by their governments did nothing but train and compete at the major world events. They were never required to do all of the things that most teams had to do in order to receive the commercial support that we have grown so accustomed to. Personal appearances, press conferences, media tours, exhibitions, autograph sessions, conceptual endorsements, business lunches and seminars, banquets and all of the other requests made by the commercial sponsors must now be placed on the schedule of activities and events for the athletes and coaches. While our coaches see the first to admit that these are significant distractions, they also understand the realities and the necessity of such relationships. It will be interesting to see how quickly these new opportunities are adopted by the Eastern European community.

Along with corporate relationships also come higher standards of ethics, communications, athlete's rights, due process, fairness and integrity. These are all principles that take a great deal of time to develop and learn. They will not be easily understood, nor valued, when immediately imposed upon an individual or an organization. They will have to be learned and incorporated in all aspects of one's



Sport has always been in a pre-eminent position to identify the strengths and benefits of the democratic process. It will once again serve that role and, hopefully, the care, concern and support of our athletes will be at its highest level ever.

business and programs. This will not only be difficult but it will be extremely time consuming and it will, in fact, compromise the traditional methods that have been utilized in the past to identify, train and prepare athletes.

In the long-term, sport will be much better off. Principles and ethics will be of a much greater concern and the athletes will be the greatest beneficiary. It will also allow the western countries to feel more comfortable in enforcing these principles, as well. Often times coaches, administrators and the people directly involved with athletic preparation and training feel compromised by standards that only few had to meet. In the future, these standards will be the accepted norms that everyone will follow and the principles of sportsmanship and fair play will be better understood and accepted by the entire sporting community.

Democracy is not an easy concept to understand. It is even more difficult to implement and enforce. Yet it is obvious that so many of the world's people are grasping at this opportunity and look to this as the salvation of their future. Those of us who have had the privilege of living in this environment, very much look forward to the bench that it will bring to these new countries. Sport is an important part of this. Sport has always been in a pre-eminent position to identify the strengths and benefits of the democratic process. It will once again serve that role and, hopefully, the care, concern and support of our athletes will be at its highest level ever. Our athletes and our youth are our nation's greatest resource. They deserve all the support that we can provide and it is extremely exciting to think that soon all the nations of the world's sporting community will establish this as their primary goal.



RHYTHMIC GYMNASTICS SUFFERS A GREAT LOSS

One of the sport's brightest international stars, Oksana Kostina, died from injuries suffered in a car accident on February 11. The car in which she was riding swerved on Moscow's outer ring road and crashed into a truck. The driver of the car, modern pentathlon Olympic medalist Edward Zernovsk, was seriously injured.

Kostina won five gold medals at the 1992 Rhythmic World Championships and was the silver medalist in the all-around at the 1992 European Championships. She won the 1991 European champion.

Catherine Yakhimovich, coach of U.S. Olympians Tamara Livanova, was a teammate of Kostina for approximately six months. Yakhimovich describes Kostina as a very sensitive person and one that took everyone's problems as seriously as her own.

Yakhimovich said that Kostina was born in Orelsk, Russia.

Kostina had just returned from a competition in France and was preparing for an international event in Japan.

The sport of rhythmic gymnastics suffered a great loss. Kostina will be dearly remembered by everyone who saw her beauty and grace as she competed.

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Lindsay, 10, was the Level 7 Compulsory Champion at the 1992 USAGP Colorado State Meet. She won four gold medals (all-around, bars, beam and floor) and a bronze medal on vault. Lindsay's scores on bars and on the all-around set two new Colorado state records. Lindsay is a straight A student in the 5th grade and is coached by Pat Boyle at Gymnastics Unlimited, Inc., in Northglenn, Colo.

LOGAN STRAUBER

Novato City, California

Logan, 8, a fourth grader at Deer Creek School, placed first all-around at seven consecutive class TV meets, including the Northern California State Championships. This season he will be competing on Level 5 (7 to 9 year olds). Logan is coached by Ron Barberick at Gold Cities Gymnastics in Grass Valley, Calif.



ELAINE WILTON

Howell, New Jersey

Elaine, a five-time gymnast, All-American from 1981-1985 at the University of Utah, continues her winning ways in a new arena—the sport of competitive aerobics. In just over a year of competing she has captured four gold medals, including two from the nation's most prestigious competitive aerobic event, the Ruckus National Aerobic Championship. Elaine and her husband, John, are the directors of Wilton Academy, where she teaches both gymnastics and aerobics.



Would you like to be included in the Faces in the Gym Section? Send a recent photo and a paragraph of information to: USA Gymnastics, Faces in the Gym, P.O. Box American Place, 364 S. Capital Ave., Suite 300, Indianapolis, IN 46225.

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John and Beate Vidmar

Dora Neely Vidmar passed away after complications from surgery at age 70. Vidmar was one of the most dedicated and loyal gymnastics fans that our sport has ever had. In fact, Dora and husband John Vidmar have missed only one World Championships since the 1979 World Championships in Ft. Worth, Texas.

In addition to being the mother of 1984 Olympic Gold Medalist Peter Vidmar, Dora was also the founding

president of the UCLA Bruin Gymnastics Booster Club and a long-time board member of that organization.

"She loved the sport and all the kids involved," and Peter "She was the perfect gymnastics mother. In my 12 years in gymnastics I was only late to practice once and that was my own fault."

Dora is the mother of six children, 21 grandchildren and three great-grandsons. She's also survived by husband John, who is a trustee on the USA Gymnastics Foundation.

Peter said, "Up until her death she attended aerobics three days a week, wearing her leotard and my USA warm-up suit."

She'll be sadly missed by all those in the gymnastics world.



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